

BREAK ALL RECORDS FOR ATTENDANCE AT PURE FOOD EXHIBITS

More Housewives Visit Domestic
Science Show Here Than in
Any Other City.

Washington housewives have shattered all records for attendance at the Westfield Domestic Science and Household Appliance Exposition, which is being held at the Arcade Auditorium, Fourteenth street and Park road, under the auspices of The Washington Times.

Officials and ticket takers at the exposition said today the number of spectators and cooking school students was larger yesterday and Monday than it had been in any other city where the exposition had been held.

At the cooking school, conducted by Prof. and Mrs. Sherwood P. Snyder, several score students at Washington educational institutions were observed yesterday paying the closest attention to the lecturers and making copious notes in books which they brought with them. Prof. and Mrs. Snyder seemed highly gratified over the presence of the college girls and the fact that they made notes on the lectures. This, Prof. Snyder said, proved that the girls and housewives, who also made notes, were genuinely interested and that the exposition was fulfilling its educational mission.

How Science Is Applied.

The subject of yesterday's lecture was "The Science of Baking." It was illustrated by the mixing of the ingredients of bread, cake, and pastry in the model kitchen by Prof. and Mrs. Snyder before the eyes of the spectators. The baking was also done in the model kitchen and the products exhibited to the housewives and girls present.

During the course of his lecture, Prof. Snyder said:

"To apply science to anything means certain rules and methods whereby success is guaranteed. Failures are impossible. Science can be applied to the preparation of foods, equally as much and to the same advantage that it can be in working any machine or instrument."

"To make the automobile the modern mechanic has to apply science. Every part in the machine must be in exact proportion. Every part must be adjusted to exactness. The materials entering into the construction of the machine must be of a quality to carry the strain demanded of them."

"The same rules apply equally in the baking of a loaf of cake or bread, the roasting of a piece of meat, where exactness is necessary. When a woman bakes a cake she must know the necessary ingredients. She should understand how best to combine those ingredients and should employ exact measurements and recipes compiled in accordance with the laws of physical chemistry. By observing these her work will be equally successful today, as it was yesterday, or at any previous time."

A Bit Sarcastic.

"Few women realize that there is a possibility of obtaining fixed results in preparing foods. For example, most women when they are baking a cake express a hope that they will have good luck. If they have good cake, they have good luck. If they have poor cake they have poor luck—sad cake, sad heart, and the children have indignation."

Prof. Snyder was a bit sarcastic when he reached this part of his talk. He advised that if a woman produced soggy, doughy over-rich, indigestible cake, she should give it to her children, for to throw it into the garbage can would be extravagance.

"Don't give this mess to your dog or cat," said Mr. Snyder. "It might kill them. If you want to be economical, give it to your boys and girls, because it will do them more than cause indigestion; give the way for future ill health which perhaps can be remedied by a few dollars' worth of medicines, doctors or hospital taker. Since there are around 50,000 doctors in the United States to support mothers might as well do their part in supporting them."

For Health and Morality.

"I am deeply sympathetic and my whole heart is in the work of aiding mothers in producing strong, normal boys and girls. I am not a physical culturist, but I do believe in human culture, and normal men and women. A normal man is a man strong in body and mind and with a clean, high conception of life, the man with strong muscles and pure blood coursing through his arteries. This is the man that gets the most out of life and gives the most to the world."

"It is not the body alone in which we are concerned, but the mind and soul as well, and we should aim to develop a perfect human being. When these three natures are normally developed, they furnish the best specimens of manhood and womanhood. When one of these natures is affected or diseased, the other two are also through their sympathetic relationship, and all must suffer through fault of one."

"Foods in my opinion are the prevailing influence which surround the physical health and morality. I believe that a man's body is in a healthy condition when every organ is performing its function normally; when the eliminative channels are not hampered in their duties and when the body is free from toxic poisons and impurities man is not so susceptible to be greatly influenced."

Result of Careless Cooking.

"We know that a large percentage of the diseases from which mankind suffers are the result of careless cooking and wrong feeding, and we are perfectly justified in saying that more drunkards are made in mothers' kitchens than in the saloon."

"To some it may seem a harsh and rash statement, but it is a recognized fact that when a man's digestion is disturbed to an extent that it affects and hinders the normal functions of his body and disturbs mentally, he is more inclined to seek the stimulus of alcohol. Many good parents do not realize that medicines used in sickness, more especially the patent kinds, are often of a nature to impair in the child an unconquerable appetite for liquor."

"Parents are abundantly justified in giving deep reflection to this condition and governing themselves accordingly. Proper nourishment will save many a boy and girl from an alcoholic's grave, and the time to start is now, in the home and in the kitchen."

Motion Pictures Attract.

The free moving pictures and demonstrations at the scores of attractive pure food booths, during which hundreds of pounds of samples were distributed, attracted a capacity audience to the evening performance.

To go to the exposition is to return home with a handful of new and valuable ideas on the selection of food, cooking and eating, and an armful of samples, booklets, recipe books, and other helpful literature.

DEMONSTRATORS AT PURE FOOD SHOW



Above—MISS LOLLY COURNOYER.
Below—MISS SARAH BEVIS SMITH.

Dr. Mary Walker Pleased
With Pure Food Exhibit;
Says It Is "Wonderful"

Dr. Mary Walker, wearing her alk hat and attired in masculine garb, was an interested spectator at the Westfield Domestic Science and Household Appliance Exposition at the Arcade Auditorium yesterday.

She informed the officials of the exposition that she was deeply interested in the pure food campaign, and was escorted through the hall, visiting all of the demonstration booths and "The Chamber of Horrors."

After viewing the exhibits and watching the demonstrations, Dr. Walker congratulated the officials of the exposition on its scope and wonderful educational value. She then signified her willingness to get upon the platform and make a speech on preparedness, but as this would have interrupted the cooking school and demonstrations, her offer was declined.

Among other visitors of note at the exposition last night was Frank Gowell, secretary of the National Canners' Association, who manifested great interest in the moving pictures, particularly those dealing with the canning industry.

Today's Program.

- 1 p. m.—Doors open.
- 2:15-3:45 — Cooking school. Lecture, "The Westfield Standard," by Sherwood P. Snyder. Recipes demonstrated: Chicken pie, white bread, vegetable salad, mayonnaise dressing, cream fondant.
- 8 to 9—Educational motion pictures.
- 11—Pure food show and household appliance exposition, except between 5 and 7 p. m.

Above—MISS GRACE MAYNARD.
Below—MISS HAZEL KASHNER.

Discuss Indian Myths.

The myths of the Fox Indians were discussed before the members of the Anthropological Society of the District at the Public Library last evening by Dr. Truman Michelson, of the Bureau of American Ethnology. William H. Haeberle also read a paper on pre-Columbian notices of American aborigines.

Chevy Chase Meeting.

A meeting of the Citizens' Association of Chevy Chase, D. C., will be held at the Chevy Chase School this evening at 8 o'clock. W. M. Stewart, president of the association, will preside. Matters of vital importance to Chevy Chase and vicinity will be considered.

Shore Line Planned.

ATLANTIC CITY, Feb. 2.—Two boats daily to and from New York, making the trip in six hours for a round trip fare of \$3.50, are planned when the Inlet entrance is deepened to twenty feet to admit of large passenger craft.

To Elect Officers.

Officers will be elected by the Columbian Debating Society of George Washington University at a meeting in New Masonic Temple Friday night.

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Cooking Expert Gives Recipe for Chicken Pie

Today's recipes as prepared by Sherwood Snyder, who lectures at The Times Pure Food show, at the Arcade, give a good old dinner dish—chicken pie—a vegetable salad, and the manner of making cream fondant, the base of many candies. In addition there is included a recipe for mayonnaise dressing, for this or other salads. The recipes as prepared for the cooking school are as follows:

Chicken Pie.

Dress and cut up one chicken as for frying, put into kettle or steamer and cook until tender. Season with salt when about half done. Lay the pieces in a baking dish; add enough water to the stock to make one pint, thicken with one rounded tablespoon of flour stirred smooth with cold water and pour over the chicken. Make biscuit dough over recipe for Southern biscuit, roll out to one inch in thickness, and cover the chicken. Bake in a medium hot oven.

Vegetable Salad.

One-half cupful shredded cabbage, one cupful celery, cut in small pieces, two pimientos cut in small pieces, one red apple cut in cubes, one-half envelope granulated gelatine, one cupful boiling water, one-quarter cupful vinegar, one-fourth cupful sugar, one-half teaspoonful salt.

Soak the gelatine in cold water five minutes. Add boiling water, vinegar, sugar, and salt. Allow it to chill until it begins to congeal, then add remaining ingredients. Turn into mold that dipped in cold water and chill. Remove from mold to bed of lettuce or endive and serve with mayonnaise dressing.

Mayonnaise Dressing.

Two yolks, one cupful oil, two teaspoonful vinegar, one-half teaspoonful salt.

Add the salt to the vinegar. Beat the yolks well; then add the oil gradually, beating rapidly all the time. As it becomes stiff thin with a few drops of the vinegar at frequent intervals.

Cream Fondant.

Five cupfuls granulated sugar, one and one-half cupfuls water, one tablespoonful vinegar.

Put the sugar and water into the kettle and place over a hot fire. Stir with a spoon or paddle until the sugar is dissolved; then wipe down the sides of the kettle with a damp cloth and see that every granule of sugar is removed from the sides of the kettle. When the sugar begins to boil, add the vinegar and put the thermometer in, having previously warmed it. The kettle must not be moved while the syrup is boiling and the syrup must not be stirred after it begins to boil.

The bulb of the thermometer must be entirely covered; hence the necessity of selecting a kettle in which the syrup will be sufficiently deep. If a dark scum forms on the surface, wait until it collects in one spot and then remove it with a spoon, being careful not to disturb the syrup. When the thermometer registers 240 degrees, or when the syrup will spin a long thread, lift the kettle from the fire and pour the

syrup on a marble slab, heavy platter or oiled pan placed in water containing ice. Allow it to cool until it feels slightly warm to the back of the hand; then begin to work with a stiff knife or scraper, and keep working it until it becomes smooth and creamy and a little later turns into a solid lump of sugar. But when this is worked it will become soft and smooth. This fondant can be kept in a closed jar and used as a base for many candies and icings.

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